



Pork, Ham, Frozen

MyPlate Food Group: Protein

Nutrition Information

- 1 ounce of ham counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein FoodsGroup. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Ham supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses & Tips

- Thaw frozen ham in the refrigerator or microwave by using the defrost setting.
- **Do not thaw on the countertop at room temperature.**
- Refer to the product's packaging for more information on how to properly thaw this product.
- Frozen ham is fully cooked, therefore, it can be eaten when thawed.

MyPlate Facts

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

Storing Foods at Home

- Keep ham frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ham in a tightly covered container that is not made from metal in the refrigerator..



GOLDEN
HARVEST FOOD BANK



Creamy Ham and Pea Pasta

Makes 10 servings

Directions: Wash hands with soap and water.

Ingredients:

- 16 ounces whole wheat spaghetti
- ½ pound cooked ham, diced
- 1½ teaspoon dried ground sage
- 5 cloves garlic, minced
- 1½ cups frozen peas
- 1¼ cups grated parmesan cheese
- ½ cup 1% lowfat milk
- 2½ cups plain, nonfat Greek yogurt

1. Cook pasta according to package directions.
2. In a large skillet, combine ham, sage, garlic and peas over medium-high. Cook 5-7 minutes, stirring occasionally.
3. Reduce heat to low. Add cheese and milk. Cook 2-3 minutes, stirring throughout.
4. Remove from heat and stir in yogurt. Mix well. Serve immediately.

Recipe adapted from The Oklahoma Nutrition Information and Education Project

Brazilian Black Beans and Ham

Makes 8 servings

Directions: Wash hands with soap and water.

Ingredients:

- 2 teaspoons vegetable oil
- 8 ounces ham, cut into small pieces
- 1 large onion, chopped
- 1 clove garlic, minced, or ¼ teaspoon garlic powder
- 1 red bell pepper, chopped
- 1 teaspoon ground cumin
- 1 cup rice, uncooked
- 1 can (15 ounces) black beans, drained and rinsed
- 2 cups water

1. Heat oil over medium-high heat; cook ham and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 20 minutes.

Recipe adapted from FoodHero.org